

MDOC- Jackson Biggest Loser Contest

Goal: Provide a healthy lifestyle support system in the form of a weight loss competition. Having a healthy and active lifestyle is the only proven and effective way to lose weight and keep it off.

Your goal is to lose 8% of your body weight.

Participation: Participants must sign up and weigh in at Work-Fit from September 18- September 22, 2006.

Participation fee is \$20. All money goes towards prizes.

You must weight in at Work-Fit **once per week**, for the 90 day duration of the program, **no exceptions**. The Contest ends December 22, 2006. You must perform a final weigh out between December 18th and December 22, 2006 at Work-Fit.

Prizes will be awarded as follows:

Gold Prize

Those individuals that lose 8% of their body weight **PLUS**
Complete a one time computerized Health Risk Assessment
Measure their body fat at Work-Fit monthly and
Have their blood pressure taken twice per month
will split **50%** of the purse.

Silver Prize:

Those individuals that lose 8% of their body weight but do not complete the requirements of the gold prize will split **30%** of the purse

Bronze Prize:

Those individuals that lose 5% of their body weight will split **10%** of the purse.

The remaining **10%** will be used for prizes.

Contact Tom Heise via Work-Fit at 780-6002 or heiseto@michigan.gov with questions.